

Mental Health Matters Day

Building Momentum & Strength TOGETHER

May 24, 2017

East Side, Capitol Building • Sacramento, CA

Join us as we celebrate Mental Health Month!

We believe passionately in the power of building momentum and strength together to better the lives of those with mental health challenges. Speaking up about mental health is an essential part of battling stigma, and our voices are amplified when we speak up together. By hosting Mental Health Matters Day, we continue to strengthen our community and the movement towards ending stigma.

This is a free event! Prepare for outdoor seating, bring folding chairs and blankets.

Keynote Speakers

Lisa Klien, director of *THE SWORD*, a film about a suicide attempt survivor on a mission to find fellow survivors and document their stories.

Kelechi Ubozoh will share her story of surviving a suicide attempt and her path of recovery that brought her to working in the California mental health consumer movement.

Kevin Berthia will share his story of despair, suicidal ideation, healing and mental health advocacy.

Kevin Briggs, a retired California Highway Patrol officer, will share his story of stopping upwards of two hundred people from jumping to their deaths from the Golden Gate Bridge into San Francisco Bay.

Richard Dreyfuss, actor, will share his story of those challenges and what impact they may have had on both his personal and his professional life.

Cindy Martinez, Board Member, California Youth Empowerment Network presenting "My Story, A Young American that Happens to be an Undocumented Immigrant with Lived Experience of Mental Health Challenges." The original author may remain anonymous due to her documentation status and the current political climate.

More TBA

Schedule

9:30 a.m. DJ Entertainment & Exhibit Tables Open

10:00 a.m. Official Welcome

10:30 a.m. Speakers & Entertainers

1:55 p.m. Closing Comments

Food trucks arriving at 11:30



Live Entertainment



Art Exhibitors



Mental Illness:
It's not
always what
you think.

Peer Recovery
Art Gallery

Sponsors and Partners



Contact: info@mhac.org

www.mentalhealthmattersday.org

Reasonable accommodation will be provided for any individual with a disability. Pursuant to the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, any individual with a disability who requires reasonable accommodation to attend or participate in a meeting or function of the board may request assistance by contacting the MHAC at 916-557-1167.